

North Stonington Today

North Stonington Recreation Commission

Spring 2016



Registration for Spring 2016 courses offered through the North Stonington Recreation Commission is underway! Read our spring brochure to learn more about the following offerings!

- Recreational Golf Program
- Yoga and Pilates with Anne Nelson
- Boating Personal Watercraft Course
- Adult Co-Ed Volleyball
- Spring Volleyball for 4th and 5th graders
- Twisty Kids and Girl Power with Kim Signor
- ZUMBA

There is camp information for the Summer Activities Sign-up Day on Saturday, May 28 from 9 am to 12 noon at the Wheeler High School Gymnasium. *The sign-up day is offered for convenience, but online registration for Summer Activities starts Friday, April 15.*

15th Annual Easter Egg Hunt

Saturday, March 26 at 10:00 am

Rain or Shine

Rocky Hollow Recreation Area

The Recreation Commission will host its Annual Easter Egg hunt on Saturday, March 26 for children ages 1 to 10. Egg hunters will be divided into two age groups. Children up to 4 years old will hunt in the Pavilion Area, with assistance from parents or caregivers as needed. Children 5 to 10 years old will hunt for eggs on the field. The Easter Bunny will greet children as they arrive at the recreation area before participating in the egg hunt. Two thousand plastic eggs will be scattered through the park so bring your baskets! Be sure to look for special marked eggs with a surprise inside!

Parents are encouraged to bring their cameras to take their children's picture with the Easter bunny.



Spring at Hewitt Farm

The fishing this spring at Hewitt Pond is expected to be "the best". Thanks to completion of the dam last fall, the pond's level is back to normal and water is once again flowing freely through the spillways. New trails have been opened on both sides of the pond for easier access to the water and the dam's new fishing platform provides an unobstructed, water-level view of the pond for easy casting. Best of all, the DEEP has once again stocked the pond with hundreds of brown trout of all sizes.

Rather hike than fish? You can have fun too. "Self-Guided Walk" maps with a written narration can be found in the Trail Map box located at the Route 2 end of the dam. Three walks are described: *The Bicentennial Trail, Loop and Wyassup Trails*, and *River & Mystic Road Trails*. Each take less than an hour and all are particularly fun for children to "lead".

When you visit the farm at this time of year, stop by the Community Garden to see spring cleanup and seed planting underway.

For any questions, please call Dick Cooper at 860 535 0528 or contact Nita Kincaid at windstonenita@sbcglobal.net.

North Stonington Rec is proud to launch a new activity registration system and website!!

www.northstoningtonrec.com

- Set up a free account and registration for camps, activities, and other events is a breeze!
- Sign-up to register for activities just like shopping online. It's easy!
- CREDIT CARDS are accepted for payment.
- Once you set up your account, you will start receiving rec update text messages as well. Never miss a special event again.

North Stonington Recreation Commission

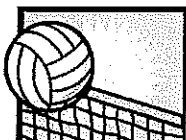
Adult Recreation "Co-Ed" Volleyball

This popular program for adults 18 and older is for those who enjoy moderately competitive, recreational play. The program will run throughout the school year in the NS Elementary School Multipurpose Room. The class is limited to 24 participants. Please contact Donnie Harrington, League Volleyball Coordinator (401 622 5012) with any questions about the class.

Dates: Wednesdays continuing through June 1
Time: 7:30 to 9:30 pm
Location: NS Elem School Multipurpose Room
Fee: \$10 for NS residents,
\$15 for non-residents

Spring Volleyball

Instructor – Jessica Biekert



We will meet once a week to develop skills while learning the game of volleyball. This is a fun program and all levels of play are welcomed.

Teamwork, passing, serving, and footwork are just a few of the skills we will practice during these weeks.

Ages: Boys & Girls in 4th and 5th grade
Dates: Mondays April 11, 25, May 2, 9, 16, & 23
Time: 3:15 to 5 pm
Location: Elementary School
Fee: \$30

ZUMBA – A Dance Fitness Class

Instructor – Joy Fidrych

ZUMBA is a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. You don't even have to know how to dance, just move your body and follow the lead. Join ZUMBA today, because every class feels like a party! Contact Joy at 401-596-8642 or joyfid86@msn.com with any questions.



Ages: 15 and up
Dates: 5 Mondays, April 25, May 2, 9, 16, 23
Time: 6:00 to 6:45 pm
Location: Wheeler Middle School Cafeteria
Fee: \$30 for 1st time participants, \$25 for returning students

Spring 2016 Courses

North Stonington Dance Program

Instructor – Joy M. Fidrych



The students of North Stonington Dance will proudly present their 15th Annual Recital on Wednesday, June 1 at 5:30 pm. The performance will be held at the Wheeler HS Gymnasium. A dance rehearsal is scheduled for Tuesday, May 31 at 4 pm.

Spring

Spring Events at Wheeler Library

Phil Rosenthal and the **Songs of Pete Seeger** on *Saturday, March 19* at 7 pm.

Mike Dibble talks about **North Stonington's Cemeteries** on *Monday, March 28* at 7 pm.

Good Tea...Healthy Life with Dr. Timothy O'Brien on *Wednesday, March 30* at 7 pm.

Cleopatra Skin Essentials Event with Suzanne Capizzano on *Wednesday, April 20* from 6 to 7:30 pm. The cost for this program is \$25.

Adventures of Huckleberry Finn: An American Story on *Monday, April 25* at 7 pm.

The 4th Annual Country Store Sale

Saturday, May 21 from 9 am to 2 pm
Sunday May 22 from 10 am to 1 pm the
Rug Sale Continues!

Spring is coming! Mark the date to pick up your organic heirloom tomatoes, local foods & crafts, and vintage rugs!

Plan to stop by the **Townwide Tag Sale** presented by Wheeler Library on *Saturday, June 4* from 8 am to 2 pm. Sign up to sell at home or on the library grounds and the library will take care of everything else. Stop by the library for more information as the date draws closer.

North Stonington Recreational Golf

Instructor – Chris Hedden

This course will cover the following fundamentals: Grip, Stance, Posture, Backswing, Follow Thru, Sandshots, Downswing, Chipping, Putting, Equipment information, and Golf Etiquette. *Required clubs for the course are a 3-Wood, 7-Iron, Pitching Wedge and Putter. Equipment is available if needed.* The course instructor has many years of teaching experience, is patient and calm with a solid knowledge of golf principles, a relaxing style and established credibility. Contact the instructor (860 303 6101) with any questions.

Location: Great Brook Driving Range, Route 184, Groton

Fee: **\$125 for 5 lessons** and students buy a small basket of balls for each lesson.

Adults (Men and Women)

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Dates: Wednesdays, April 6, 13, 20, 27, May 4

Time: 6 to 7 pm

Dates: Thursdays, April 28, May 5, 12, 19, 26

Time: 6 to 7 pm

Dates: Mondays, June 6, 13, 20, 27, July 4

Time: 6 to 7 pm

Dates: Wednesdays, Sept 7, 14, 21, 28, Oct 5

Time: 6 to 7 pm

Women only

Dates: Tuesdays, May 3, 10, 17, 24, 31

Time: 10 to 11 am

Dates: Tuesdays, May 3, 10, 17, 24, 31

Time: 6 to 7 pm

Date: Mondays, September 12, 19, 26, Oct 3, 10

Time: 5 to 6 pm

Youth Classes

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Dates: Saturdays, April 30, May 7, 14, 21, 28

Time: 10 to 11 am

Dates: Sundays, May 1, 8, 15, 22, 29

Time: 10 to 11 am

Dates: Saturdays, July 9, 16, 23, 30, Aug 6

Time: 10 to 11 am

Dates: Sundays, July 10, 17, 24, 31, Aug 7

Time: 10 to 11 am

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Dates: Saturdays, Sept 10, 17, 24, Oct 1, 8

Time: 10 to 11 am

Dates: Sundays, Sept 11, 18, 25, Oct 2, 9

Time: 10 to 11 am

Boating Personal Watercraft Operation
Certificate

Instructor – Jerry Desmond

Upon completion of the course, each participant will have satisfied the requirements that allow them to apply to the DEEP for a boating license. Please contact Jerry at jerry.desmond@ct.gov or 860-447-4350 with any questions.

Ages: 12 years old and up

Dates: Tuesday & Thursday, May 3 & May 5

Time: 5:30 to 9:30 pm

Location: WHS Media Center

Fee: Free! Class size limited to 30 maximum.

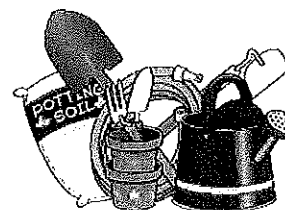
North Stonington Rec online!

North Stonington Rec Commission newsletters and Registration/Medical forms can still be found online at www.northstoningtonct.gov. Use the link from our new website (www.northstoningtonrec.com). Forms can be also picked up at our white mailbox (Holly Green Center next to Chelsea Bank) or at Old Town Hall.

North Stonington Garden Club Plant Sale
Saturday, May 7 from 9 am to 1 pm
North Stonington Elementary School
Rain or Shine

North Stonington Garden Club's Plant Sale is well known for its home dug perennials from members' gardens. You will also find hanging pots of flowering annuals, herbs, heirloom tomatoes, and other vegetables. A new *Gifts for Mother's Day* area has a special spot for children to shop for mother or grandmother. There's a Garden Rummage booth and Questions & Answers at the Master Gardener tent.

Bring your own wagon for serious shopping! Visit the garden club website at www.nsgardenclub.org for directions or more information about the sale.



John Hines has been the Director of the North Stonington Recreation Commission for 15 years, providing our town with quality recreation programs for adults, families, and children. He retires as Director at the beginning of April. If you see John, be sure to thank him for his time and efforts to improve North Stonington recreation.



Community Organizations and Contact Info

CUB SCOUTS is games, activities, camping, arts and crafts, sports, leadership opportunities, projects, fun, fun and more fun! Find out more by contacting Alexis Tattersall at alexis0808@comcast.net.

For information about *BOY SCOUTS* (boys in grade 6 and up) contact Doug Spracklin (860 599 4891 or sprack1@comcast.net). Meetings are held on Thursdays from 7 to 8:30 pm at the NS Firehouse.

For information about local *4H groups*, contact Fran Wood (860-535-4375) about the Meadowlake 4H group or Jim Holdridge (860-535-2676) about the Butter and Beef 4H group.

If you'd like information about *GIRL SCOUTING* in North Stonington contact Julie Evans at daisy01@99main.com or 860-889-1636.

Are you interested in learning more about the *NORTH STONINGTON CITIZENS LAND ALLIANCE*? Contact the Land Alliance by calling 860-599-5517 or contacting landalliance@gmail.com.

For information about the *NORTH STONINGTON GARDEN CLUB* contact Nita Kincaid at 860-535-1416 or windstonenita@sbcglobal.net.

NORTH STONINGTON LIONS

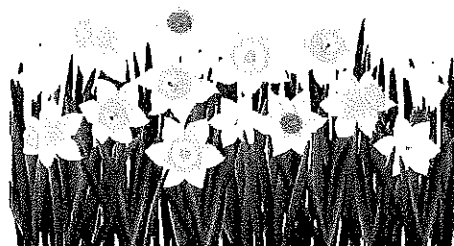
Meetings are held the 4th Wednesday of the each month, September through June. Meeting location and more information is available at the website, e-clubhouse.org/sites/northstonington/ or contact northstoningtonlions@yahoo.com.

NORTH STONINGTON COMMUNITY GRANGE, No. 138

Meetings are held the 2nd and 4th Fridays of the month at 8:00 pm. Contact Nancy Weissmuller for information at 860-535-2703.

NORTH STONINGTON HISTORICAL SOCIETY Meetings with a speaker will be held the *last* Monday of the month in January, February, March, and April, with a meeting on the *first* Monday in December. The home of the NSHS is the Stephen Main Homestead. Membership open to all.

NORTH STONINGTON FAIR meetings are held at the North Stonington Grange on the 2nd Tuesday of each month at 8:00 pm. Contact Fritz Rauch (860-535-4633) for more information or check out the website at www.northstoningtonfair.org.



YOGA AND PILATES

Instructors: Anne Nelson and guest instructors

Spirit Moves has a new location! Along with new teachers and classes! We are now at the site of the old Fischer Controls building (95 Pendleton Hill Road) in the administration building. Use the Route 49/I-95 Frontage Road for easy access. For detailed directions go to www.spirit7moves.com. Use the Rec Commission website to register for yoga pilates classes (www.northstoningtonrec.com). For more information on classes and instructors, and to get directions check the website at www.spirit7moves.com, email spirit7moves@gmail.com, or call Anne Nelson at 860-535-0565

The drop in fee for all classes is \$13
(except for Community Yoga)

YOGA WITH MIKE!

Monday evenings from 6 to 7:15 pm

Join Mike for an invigorating workout for flexibility and strength.

Mar 7 – April 25 8 weeks for \$85

WEDNESDAY YOGA with Anne & Guest

Instructors 9 to 10:30 am

Morning Stretch and Wake Up!

Mar 9 – April 27 8 weeks for \$85

EVENING YOGA Wednesdays from 6 to 7:30 pm

Melt into the Mat

Relax Restore Renew A combination of gentle yoga restorative postures and Yoga Nidra.

Mar 9 – April 27 8 weeks for \$85

FRIDAY MORNING YOGA WITH ANNE

from 9 to 10:30 am

Meditative movement: A deeper practice

Mar 11 – April 29 7 weeks for \$75 (Note there is no class on Good Friday)



PILATES WITH ANNE!

Mat workout with bands for stretching, flexibility, and weights for upper body strength; a complete workout!

Tuesday mornings from 9 to 10 am

Mar 8 – April 26 8 weeks for \$80

Thursday mornings from 9 to 10 am

Mar 10 – April 28 8 weeks for \$80

Thursday evenings from 6 to 7 pm

Mar 10 – April 28 8 weeks for \$80

COMMUNITY YOGA CLASSES

Curious about Yoga? Tai Chi? Pilates? Join us! Classes will be held the first Saturday of every month from 9 to 10:15 am. There is a \$10 donation for the Community Yoga class.

March 5 with Mike McAndrew

April 2 and May 7: Check back for instructors at www.spirit7moves.com.

TWISTY KIDS

Creative movement and Yoga with Kim Signor

A fun and non-competitive approach to get kids moving. Children learn creative movement concepts and yoga postures designed with kids' imagination and fun in mind. They also learn relaxation techniques and practice mindfulness and respect for others.

Ages: Boys & Girls, 6 to 9 years old
Date: 8 Wednesday sessions begin March 30
Time: 3:30 to 4:30 pm
Location: Wheeler Library **
Fee: \$65 for 8 week session

** Twisty Kids participants can take Bus #6 from the school to the library if arranged ahead of time.

GIRL POWER

Yoga & Mindfulness for Tweens and Teens
with Kim Signor

This is an expressive and gentle workout class. Girls will develop strength, flexibility, and balance while building confidence and self-esteem, while learning to relax in a non-competitive environment.

Ages: Girls 10-13 years old
Date: 8 Tuesday sessions begin March 29
Time: 5 to 6:15 pm
Location: Spirit Moves Studio
Fee: \$70 for 8 week session

Please contact Kim Signor with any questions
(scckimmy@comcast.net).

NoSto Soccer League 2016

MARK IT ON YOUR CALENDAR - The fall soccer registration deadline is Friday, July 8, 2016. Be sure to sign up your soccer player by the deadline to ensure a spot on a team.

What's my soccer age?

Parents and Caregivers!! The method used by US Soccer to determine your child's "soccer age" has changed! **Age groups are now set by the calendar year and all players born between January 1 and December 31 in the same calendar year are in the same soccer age group.**

Use the following chart to determine soccer age group for the NoSto Fall 2016 season:

| Child's Birth Year & Soccer Age Group | NoSto Team | Location | Practices | Game Days |
|---------------------------------------|-----------------------|---|--|---|
| 2011 → U6 2010 → U7 2009 → U8 * | Cosmos (U8 Coed) | Rocky Hollow Recreation Area fields | Once/week starting mid-August | Saturdays only starting September 10 |
| 2008 → U9 ** | U9 Girls U9 Boys | Travel team | 1-2 times/week starting mid-August | Saturday and/or Sunday starting September 10 |
| 2007 → U10 | U10 Girls U10 Boys | Travel team | 1-2 times/week starting in mid-August | Saturday and/or Sunday starting September 10 |
| 2006 → U11 2005 → U12 | U12 Girls U12 Boys | Travel team | 1-2 times/week starting in mid-August | Saturday and/or Sunday starting September 10 |
| 2004 → U13 *** | U13 Girls U13 Boys | Travel team | 1-2 times/week starting in mid-August | Saturday and/or Sunday starting September 10 |

* U8 players (birth year 2009) may be moved up to the U9 team depending on experience.

** U9 players (birth year 2008) may be moved up to the U10 team depending on experience.

*** The number of registrations for U13 players (birth year 2004) will determine if we are able to form a team.

NoSto Soccer Fees

\$65 for one child
\$120 for 2 players in a family
\$140 for 3+ players in a family

Interested in sponsoring a soccer team? In an effort to offset the rising cost of our soccer program and to encourage community spirit and involvement, the NoSto Soccer League will be accepting Community and Business Sponsors for our soccer teams. Benefits include Sponsor Name on back of jerseys, Sponsor Name listed at website, and Sponsor Sign and the Rocky Hollow Recreation Area.

How do I register my children for soccer?

-or-

You can register and pay online at www.northstoningtonrec.com

Registration/Medical Forms can still be printed at the town website or picked up at the Selectmen's Office. Registrations can then be mailed to the Rec Commission at Old Town Hall.

Can you help? Soccer Coaches and Certified Referees are needed!

- Head coaches for a team pay no registration fee for their first child.
- A Coaches Meeting will be held the week of July 18 (day, time, and place TBD).
- Please contact Erin Comeau (zark@snet.net) if you are interested in coaching, refereeing, team sponsorship, or have questions about the NoSto soccer program.

MARK YOUR CALENDAR!

Summer Activity Sign-up

Saturday, May 28

9 am to 12 noon



The NS Recreation Commission will hold a sign-up day for its summer activities at the *Wheeler High School Gymnasium* on Saturday, May 28 from 9 am to 12 noon. Please note that we offer the sign-up day for convenience. You can register online beginning Friday, April 15.

Student ages are listed by the grade they will be entering in the fall of 2016.

| <u>Program</u> | <u>Dates</u> | <u>Time</u> | <u>Cost</u> |
|---|-------------------------------|---------------------|--|
| <i>Summer Playground Camp</i> | June 20 to July 29 6 weeks | 8:30 to 11:30 am | \$50/ week for 1 child \$90 for 2 children \$120 for 3 or more |
| <i>Summer Kiddie Camp</i> 4 and 5 year olds | July 5 to July 29 4 weeks | 8:30 to 11:30 am | |
| <i>NS Summer Basketball Camp</i> | | | |
| Students entering 3 rd -5 th grade | June 20 to June 24 | 9:30 to 11:00 am | \$35 |
| Students entering 6 th -9 th grade | June 20 to June 24 | 12:30 to 3:00 pm | \$45 |
| <i>Black Bear Archery Camp</i> | -----TBA----- | | |
| <i>North Stonington Art Academy</i> Children 6 to 10 years old | July 11 to July 15 | 12 noon to 3 pm | \$79 |
| <i>Games with Friends Summer Camp</i> | June 20 to June 24 | 12 noon to 3 pm | \$45 |
| <i>Summer Tennis Clinics</i> | | | |
| Children entering K-4 th | June 21/28/July 5/12/19/26 | 8 to 9 am | \$45 |
| Children entering 5 th -8 th | June 21/28/July 5/12/19/26 | 9 to 10 am | \$45 |
| <i>Summer Science Camps</i> | | | |
| Children entering 1 st -3 rd grade | June 27 to July 1 | 12 noon to 3 pm | \$60 |
| Children entering 4 th -6 th grade | July 18 to July 22 | 12 noon to 3 pm | \$60 |
| <i>Beach Volleyball</i> | | | |
| Students entering 4 th -6 th grade | July 5 to July 8 | 12 noon to 2 pm | \$30 |
| Students entering 7 th -12 th grade | July 11 to July 15 | 1 to 3 pm | \$40 |
| <i>UK International Soccer Camps</i> | | | |
| 5 & 6 year olds | August 1 to 5 | 5:00 to 6:30 pm | \$73 |
| Children 7 to 13 years old | August 1 to 5 | 5:00 to 8:00 pm | \$109 |
| <i>Babysitting Course</i> | Thursday, August 11 | 10:15 am to 4:15 pm | \$50 |

NS Rec Commission Announcements

**Mark your calendar with date
for Summer Activity Sign-up**

**Saturday, May 28
9 am to Noon
Wheeler High School
Gymnasium**

Summer Playground Staff

Information about counselor applications and interviews will be posted on the Rec Commission website at www.northstoningtonrec.com.

If you have any questions about the summer counselor job positions, please call the Rec office at 860 535 2162.



The NS Rec Commission is also on Facebook!

Look up us under
North Stonington Parks & Recreation.

The members of the North Stonington Recreation Commission are:

Erin Comeau
Emily Mastroianni
Megan Perkins
Jen Peterson

Damien Robert
Emerson Rusich
Earl Wagner

Recreation Director, 860 535 2162

Email: nsrecplay@northstoningtonct.gov

This institution is an equal opportunity provider and employer.

NS Recreation Committee Meetings

Recreation Commission meetings are held on the *first Thursday of each month at 6:15 pm* in the old Probate Court Room at the Holly Green Center. The public is invited and encouraged to attend these meetings. The commission is always looking for new ideas or events that you'd like to see offered. The Rec Commission is also looking for people willing to offer their time and talents for the youth and adults of our town.

How do I register for a class?

You can now register for Rec Commission programs online at www.northstoningtontonrec.com. If you prefer, Registration/Medical forms can be printed from the town website and mailed (with payment) to the Recreation Commission at Old Town Hall. Remember to make checks payable to "NSRC".

All correspondence should be mailed to:

Recreation Commission
Old Town Hall
40 Main Street
North Stonington, CT 06359